

February Program Highlights

Urbana Senior Center: Offering fitness, enrichment & social opportunities for 50+

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Cooking with Tofu

Ever wonder what Tofu is and how it tastes? Join us for a Tofu cooking demonstration.

Date: Wednesday, February 8

Sign-up by Thursday, February 2

Time: 1:00 p.m. **Cost:** Free

Lunch with Nurse Steve:

Anxiety, Depression & Memory

Nurse Steve's talk will be "a discussion on the signs and symptoms of anxiety, depression and memory loss...how we react and what we can do to feel better."

Menu: Ham and cheese subs, potato salad, coleslaw and dessert

Date: Thursday, February 9

Sign-up by Thursday, February 2

Time: Noon **Cost:** \$4.68 (Regular meal cost)

Valentine's Day Luncheon

Valentine's Day is a time for all kinds of love. Spend time with those you care about and have a good time!

Menu: Roast beef, green bean casserole, tossed salad, cherry pie

Date: Tuesday, February 14

Sign-up by Tuesday, Feb. 7

Time: Noon **Cost:** \$4.68 (Regular meal cost)

Mardi Gras Pancake Supper

Pancakes for supper, followed by lots of Mardi Gras fun!

Date: Tuesday, February 28

Sign-up by Thursday, February 23

Time: 5:00 p.m. **Cost:** \$5.00

Lunch and Learn: County Recycling

Do you have questions about "single-stream" recycling; the top ten recycling mistakes; what is and isn't recyclable; and curbside recycling? Learn about the county's recycling program. (Stay for lunch - \$4.68 regular meal cost)

Date: Wednesday, February 15

Time: 11:30 a.m. **Cost:** Free

Afternoon Tea

Enjoy a winter afternoon tea complete with sandwiches, tea cakes, and desserts. Bring your favorite tea cup. Limited to 24 participants.

Date: Monday, February 27

Sign-up by Thursday, February 16

Time: 1:00 p.m. **Cost:** \$7.00

MAP: It's tax Season

There are a number of resources to help you with your taxes. Come learn where to get help. Maryland Access Point (MAP) provides information and assistance to area residents. (Stay for lunch - \$4.68 regular meal cost)

Date: Wednesday, February 8

Time: 11:30 a.m. **Cost:** Free

Mark Your Calendars Now!

Artful Creations: 1st Wednesday, 1:00 p.m.

Book Club: 1st Monday, 1:15 p.m.

Bridge: Mondays, 12:30 p.m.

Daily Exercise: Every Day, 10:45 a.m.

Movie Matinee: Last Wednesday, 1:00 p.m.

Stitching Post (knitting group):

Mondays, 10:00 a.m.; Tuesdays, 1:00 p.m.

Supper Club: 1st Tuesday, 5:00 p.m.

Teens Teach Tech: 2nd Tuesday, 3:30 p.m.



(see other side for calendar of activities)